

WEEKLY PLANNING SCHEDULE- PLEASURE AND MASTERY

For each hour, try to predict what you plan to do and how much pleasure and mastery you will experience.

Pleasure: 0 = no pleasure; 5 = moderate amount of pleasure; 10 = the most pleasure you can imagine

Mastery (feeling of effectiveness or accomplishment): use the same scale

HOURL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Wake -7							
7AM							
8AM							
9AM							
10AM							
11AM							
12PM							
1PM							

2PM							
3PM							
4PM							
5PM							
6PM							
7PM							
8PM							
9PM							
10- sleep							